

Sat. July 10, 2021

9:00 – 10:00 AM

Cardinal Track/Football Field
(202 SE Cardinal Avenue)



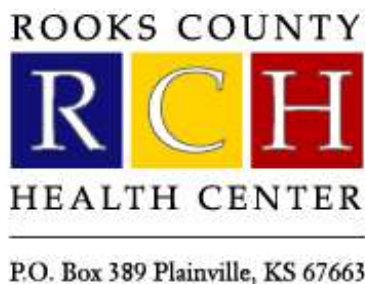
Rooks County Health Center and Dr. Jennifer Brull

invite you to

walk[®] with a
DOC
educate. exercise. empower.

Have fun and join us for a Walk with Dr. Brull.

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to get some exercise, learn about health, and meet new friends. The event is **free** and open to everyone, so please feel free to bring family or friends!



Questions?

info@rookscountyhealthcenter.com

785-688-4481

We are a local chapter of an international program. Learn more at www.walkwithadoc.org